

From Our Constituent Services Desk...

Given the current health situation around the world with the COVID-19 (also known as Coronavirus) we wanted to take this time to reiterate some tips for traveling internationally.

First, check for any [Travel Advisories](#) for the country you plan to visit on the State Department website and read [Crisis Abroad: Be Ready](#). This will help you make appropriate evacuation plans should the need arise.

Second, enroll in the Department of State's [Smart Traveler Enrollment Program \(STEP\)](#). This is a free service which allows U.S. citizens traveling abroad to receive the latest security updates from the nearest U.S. embassy or consulate. This allows you to make informed decisions about your trip, and enables the embassy or consulate to contact you in an emergency. This will also allow the State Department to contact a family member or friend back in the U.S. should you have an emergency and can't reach them yourself.

Finally, familiarize yourself with where you are going on the Center for Disease Control and Prevention (CDC) [Traveler's Health site](#). Here you will find travel health notices, suggested safety tips related to food and drink, and even tips on how to get medical care while traveling. The CDC also has issued the following [health alerts specific to COVID-19](#):

- [China — Level 3, Avoid Nonessential Travel](#) — updated February 22;
- [South Korea — Level 3, Avoid Nonessential Travel](#) — updated February 24;
- [Japan — Level 2, Practice Enhanced Precautions](#) — updated February 22;
- [Iran — Level 2, Practice Enhanced Precautions](#) — issued February 23;
- [Italy — Level 2, Practice Enhanced Precautions](#) — issued February 23;
- [Hong Kong — Level 1, Practice Usual Precautions](#) — issued February 19.

If you are outside the U.S. and are suspected to have Coronavirus, you may face travel delays, quarantine, and extremely expensive medical costs. Therefore, it is recommended you purchase travel insurance. There are many reputable companies with the quotes based on the total cost of your trip and the level of coverage you'd like to have. Basic coverage should include evacuation, death abroad, and medical (if not covered by your health insurance).

If you have any questions or a specific problem with the U.S. Department of State, please contact our office at caseworkga11@mail.house.gov or 770-429-1776. We look forward to serving you should you need our assistance.